

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

«اللَّهُ يَتَوَفَّى الْأَنْفُسَ حِينَ مَوْتِهَا،  
وَالَّتِي لَمْ تَمُتْ فِي مَنَامِهَا،  
فِي سِتْرٍ الْأَنفِي فَضَى عَلَيْهَا أَلَمْ يَرَهُ  
وَرُسْدُ الْأُمَرَاءِ إِلَى أَجَدٍ مُّسَيِّ.  
إِنِّي فِي ذَٰلِكَ لِلْأَنفِ لَفُوقٌ بِّنْفَرْدٍ» ﴿٤٢﴾

«Allāh takes the souls at the time of their death, and (also) those that have not died yet — during their sleep. Then He keeps those for which He has decreed death and releases the others for a specified term. Indeed, in this are signs for those who reflect.» ﴿Az-Zumar 39:42﴾

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THE INEVITABLE JOURNEY - BOOK 5

آدَابُ النَّوْمِ وَتَعْبِيرُ الرُّؤْيَا

## THE DREAMER'S HANDBOOK SLEEP ETIQUETTES & DREAM INTERPRETATION IN LIGHT OF THE SUNNAH

مُحَمَّدُ بْنُ مُصْطَفَى الْجِبَالِي

MUHAMMAD MUŞTAFĀ AL-JIBĀLĪ

مَنْشُورَاتُ الْكِتَابِ وَالسُّنَّةِ  
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## Opening Sermon

إِنَّ الْحَمْدَ لِلَّهِ، نَحْمَدُهُ وَنُسْتَعِينُهُ وَنَسْتَغْفِرُهُ، وَنَعُوذُ بِاللَّهِ مِنْ شُرُورِ أَنْفُسِنَا  
وَمِنْ سَيِّئَاتِ أَعْمَالِنَا. مَنْ يَهْدِهِ اللَّهُ فَلَا مُضِلَّ لَهُ، وَمَنْ يَضِلَّ فَلَا هَادِيَ لَهُ.

*Al-ḥamdu lillāh.* Indeed, all praise is due to Allāh. We praise Him and seek His help and forgiveness. We seek refuge with Allāh from our souls' evil and our wrong doings. He whom Allāh guides, no one can misguide; and he whom He misguides, no one can guide.

وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ، وَحْدَهُ لَا شَرِيكَ لَهُ. وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ.

I bear witness that there is no (true) god except Allāh — alone without a partner, and I bear witness that Muḥammad (ﷺ) is His 'abd (servant) and messenger.

﴿يَا أَيُّهَا الَّذِينَ آمَنُوا اتَّقُوا اللَّهَ حَقَّ تَقَاتِهِ، وَلَا

تَمُوتُنَّ إِلَّا وَأَنْتُمْ مُسْلِمُونَ﴾ آل عمران ١٠٢

«O you who believe! Revere Allāh the right reverence, and do not die except as Muslims.»<sup>1</sup>

﴿يَا أَيُّهَا النَّاسُ اتَّقُوا رَبَّكُمُ الَّذِي خَلَقَكُمْ مِنْ نَفْسٍ وَاحِدَةٍ، وَخَلَقَ

مِنْهَا زَوْجَهَا، وَبَثَّ مِنْهُمَا رِجَالًا كَثِيرًا وَنِسَاءً، وَاتَّقُوا اللَّهَ الَّذِي

تَسَاءَلُونَ بِهِ وَالْأَرْحَامَ، إِنَّ اللَّهَ كَانَ عَلَيْكُمْ رَقِيبًا﴾ النساء ١

«O people! Revere your Lord who has created you from a single soul, created from it its mate, and dispersed from both of them many men and women.

<sup>1</sup> *Āl 'Imrān* 3:102.



profitable to the Muslims, forgive our shortcomings, purify our work from hypocrisy and conceit, and accept it from us.

Our Lord, forgive us and all of the believers, and bestow Your peace and praise upon our Prophet Muḥammad (ﷺ).

مُحَمَّدُ بْنُ مُصْطَفَى الْجِبَالِي

Muḥammad Muṣṭafā al-Jibālī

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## CHAPTER 1

### THE SOUL

#### The Truth about the Soul

The soul is one of the greatest puzzles for humanity. All people agree that a “living” person becomes “dead” by the departure of “life” or “soul”. The soul is the only part of *ghayb* that even atheists and materialists cannot deny.

Obviously, the soul is responsible for life. But what are its properties, qualities, abilities, etc? Philosophers, theologians, mystics, scientists, and other types of people have tried to answer such questions — only to come up with conflicting and confusing views that have no solid proof or evidence.

In Islām, we are given a few glimpses into the knowledge of the soul. But its detailed understanding remains concealed from us. Allāh (ﷻ) says:

﴿وَيَسْأَلُونَكَ عَنِ الرُّوحِ، قُلِ: «الرُّوحُ مِنْ أَمْرِ رَبِّي،

وَمَا أُوْتِيتُمْ مِّنَ الْعِلْمِ إِلَّا قَلِيلًا.﴾ [الإسراء ٨٥]

«They ask you (O Muḥammad) concerning the soul. Say, “The soul is of the affair (i.e., knowledge) of my Lord. And you (people) have not been given of knowledge except a little.”»<sup>1</sup>

Al-Qurṭubī (رحمته) said:

“This means that the knowledge of the soul is a great and major affair that belongs with Allāh (ﷻ). He kept this knowledge obscure and undetailed so that people would realize their inability to know the truth about

<sup>1</sup> Al-Isrā’ 17:85.

removing perception.”<sup>1</sup>

Ibn ‘Uthaymīn (رحمته الله) said:

“When a person goes to sleep, Allāh (ﷻ) takes away his soul in a form of minor death during which the soul goes to wherever Allāh wills.”<sup>2</sup>

#### TEXTS FROM THE SUNNAH

Among the sleep-time *athkār* taught by the Prophet (ﷺ) is:

«بِأَسْمِكَ رَبِّي وَضَعْتُ جَنْبِي، وَبِكَ أَرْفَعُهُ، إِنْ أَمْسَكَتَ نَفْسِي فَارْحَمْهَا وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ.»

«With Your Name, my Lord, I lay down my side, and by You (i.e., Your permission and help) I raise it. If You hold my soul (by death), show it mercy, and if You release it (i.e., keep it alive) then protect it as you protect your righteous servants.»<sup>3</sup>

Similarly, the Prophet (ﷺ) recommended saying before going to sleep:

«اللَّهُمَّ أَنْتَ خَلَقْتَ نَفْسِي وَأَنْتَ تَتَوَفَّاها، لَكَ مَائِهَا وَمَحْيَاها.»

«إِنْ أَحْيَيْتَهَا فَاحْفَظْهَا، وَإِنْ أَمَتَّهَا فَاعْفِرْ لَهَا.»

«O Allāh, You created my soul, and You take it away. You decide its (i.e., my) death and living. If You keep it alive, safeguard it, and if You make it die, forgive it.»<sup>4</sup>

1 *Al-Jāmi‘ li-Aḥkām il-Qur’ān* 39:42.

2 *Sharḥu Riyādh iṣ-Ṣāliḥīn* no. 841.

3 Recorded by al-Bukhārī (6320, 7393), Muslim (2714), and others from Abū Hurayrah (رحمته الله).

4 Recorded by Muslim (2712) from Ibn ‘Umar (رحمته الله).

And the Prophet (ﷺ) used to say when he woke up:

«الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا، وَإِلَيْهِ النُّشُورُ.»

«Praise be to Allāh who resurrected us after He made us die. And to Him will be the (people's) emergence (from the graves).»<sup>1</sup>

And the Prophet (ﷺ) recommended saying upon waking up:

«الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي، وَرَدَّ عَلَيَّ رُوحِي، وَأَذِنَ لِي بِذِكْرِهِ.»

«Praise be to Allāh who granted me well-being in my body, returned my soul to me, and permitted me to extoll Him.»<sup>2</sup>

#### CONCLUSION

We learn from the above texts that sleep is a minor death in which the soul leaves the body by Allāh's will and control. This was further confirmed by the Prophet (ﷺ) when he negated both forms of death for the people of *Jannah*. Jābir and ‘Abdullāh Bin Awfā (رحمته الله) reported that the Prophet (ﷺ) said:

«النَّوْمُ أَخُو الْمَوْتِ، وَلَا يَنَامُ أَهْلُ الْجَنَّةِ.»

«Sleep is the twin brother of death. And the people of *Jannah* do not sleep.»<sup>3</sup>

During the “minor death”, a soul gets to meet other souls of both living and dead people.

Khuzaymah Bin Thābit (رحمته الله) reported that he had a dream that he

1 Recorded by al-Bukhārī (6312, 6314, 6324), Muslim (2710), and others from Ḥuṭhayfah and al-Barā’ (رحمته الله).

2 Recorded by at-Tirmithī, Ibn us-Sunnī, and others from Abū Hurayrah (رحمته الله). Verified to be authentic by al-Albānī (*al-Kalim uṭ-Ṭayyib* nos. 34, 46).

3 Recorded by Ibn ‘Adiyy, Abū Nu‘aym, and others. Verified to be authentic by al-Albānī (*aṣ-Ṣaḥīḥah* no. 1087).